STICKS N SUSHI

Allergen Matrix – 14 allergens + garlic & onion

October 2026 menu | Version V.2 | Created 02/11/26

Denmark

Allergener

Hos Sticks'n'Sushi tilbereder vi al vores mad fra bunden i vores åbne køkkener. Vores kokke arbejder med flere forskellige allergener i løbet af dagen, og selvom vi gør alt, hvad vi kan, for at minimere risikoen for krydskontaminering, kan vi ikke garantere, at en ret er helt fri for allergener eller egnet til personer med allergi.

Vælg derfor retter, der passer til dine behov, og vær opmærksom på, at beskrivelserne på vores menukort ikke indeholder en komplet liste over ingredienser eller allergener.

Vores allergenguide er lavet for at hjælpe dig og viser de allergener, der indgår i hver ret. Den omfatter de 14 deklarationspligtige allergener samt hvidløg og løg. Kan du ikke finde den information, du har brug for, eller er du i tvivl om noget, så spørg en af os. Vi hjælper altid gerne.

Opskrifter og ingredienser kan ændre sig fra tid til anden. Derfor anbefaler vi, at du tjekker allergeninformationen, hver gang du besøger os, så du altid har de nyeste oplysninger.

✓ = Indeholder allergen

M = Kan indeholde allergen. Ikke tilsat med vilje, men produktion, håndtering, opbevaring, fritureolie eller robatagrill medfører en risiko for krydskontaminering, som ikke kan fjernes.

At Sticks'n'Sushi, we prepare all our food from scratch in our open kitchens. Our chefs handle various allergens throughout the day, and although we do our utmost to minimize the risk of cross-contamination, we cannot guarantee that a dish is completely free from allergens or suitable for individuals with allergies. Please choose dishes that suit your needs and be aware that our menu descriptions do not list every ingredient or allergen.

Recipes and ingredients are subject to change. We therefore recommend checking the allergen information during every visit to ensure you have the most up-to-date details.

✓ = Contains allergen

M = May Contain Allergen. Not intentionally added, but manufacturing, handling, storage, fryer oil, or robata grill create a cross contamination risk that can't be removed.

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
CONDIMENTS																
Wasabi									✓			M	M			
Gari Pickled Ginger												M	M			
Table Soy		✓										M	✓			
Tamari Soy												M	✓			
Soy Fish		✓										M	✓			
BITES																
Edamame Sea Salt												M	✓			
Grilled Edamame												✓	✓		✓	
Spicy Edamame												✓	✓		✓	
Tuna Tartare Bites / Tuna Tatar Hapser		✓			✓				✓			✓	✓			✓
Shake Tataki					✓							✓	✓		✓	
Spicy Tori Bites		✓	M	✓	✓		M		✓			✓	✓	✓	✓	✓
Kani Korokke		✓	✓	✓	✓		✓		✓			M	✓		✓	✓
Hiramasa Kataifi		✓			✓							M	✓			✓
Broccoli									✓			✓	✓		✓	
Wagyu Caviar Bites		✓	M	✓	✓		✓		✓			✓	✓		✓	M
Cauliflower / Blomkål									✓			✓	✓			
Ebi Sando		✓	✓	✓	M		✓		✓			M	✓		✓	✓
Gyoza	✓	✓		✓	✓				✓	M	M	✓	✓		✓	✓
Shake Ceviche				M	✓		M		✓		M	✓	✓		✓	✓
Maguro Carpaccio		✓		✓	✓		✓		✓			M	✓		✓	
Seaweed Salad / Tangsala									✓			✓	✓			
Miso Soup												M	✓			✓
Ebi Bites / Ebi Hapser		✓	✓	✓	M		M		✓			M	✓		✓	✓
Beef Tataki				✓	✓				✓			✓	✓		✓	✓
Wasabi Caesar Salad		✓		✓	✓		✓		✓			✓	✓		✓	✓
SASHIMI																
Shake Sashimi					✓				✓			M	✓		✓	
Hiramasa Sashimi					✓				✓			M	✓		✓	
Maguro Sashimi					✓				✓			M	✓		✓	
Caviar					✓							M	M			
Sashimi Deluxe		✓	✓	✓	✓		M		✓		M	✓	✓		✓	✓
NIGIRI																
Shake Yaki					✓				✓			M	✓	✓		
Hiramasa					✓				✓			M	M			
Aka Piman									✓			M	✓	✓	✓	
Hiramasa Yaki					✓				✓			M	✓	✓		
Shake NY					✓				✓			M	M		✓	
Inari		✓										✓	✓			

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Inari Ikura		✓			✓							✓	✓			
Tamago				✓								M	M			
Ebi			✓						✓			M	M			
Abokado									✓			✓	✓			
Maguro					✓				✓			M	M			
Shake					✓				✓			M	M			
Aburi Setto		✓		✓	✓		✓		✓			✓	✓	✓	✓	
Caviar Abokado Aburi					✓				✓			M	M			
Hiramasa Aburi					✓		✓		✓			M	✓	✓		
Maguro Aburi					✓		✓		✓			M	✓	✓	✓	
Shake Aburi				✓	✓				✓			✓	✓		✓	
Wagyu Aburi		✓		✓					✓			M	✓	✓	✓	
TEMAKI																
Temaki Wagyu & Lobster		✓	✓	✓	✓				✓			✓	✓		✓	✓
Temaki Shake & Maguro		✓		✓	✓				✓			✓	✓		✓	✓
MAKI																
Black Cod Maki					✓							✓	✓	✓		✓
Aka Ebi Maki			✓	✓	✓				✓			✓	✓		✓	
Soft Shell Maki		M	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Spicy Beef Maki				✓					✓			✓	✓		✓	✓
Wagyu Maki		✓										M	✓	✓		✓
Lobster Abokado Maki			✓	✓					✓			✓	✓		✓	✓
NY Subway		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Ebi Panko Roll		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
Shake Aioli Roll				✓	✓				✓			✓	✓	✓	✓	✓
Hell's Kitchen		✓	✓	✓	✓		M		✓			✓	✓		✓	✓
Ceviche Roll				M	✓		M		✓		M	✓	✓		✓	✓
Red'N'Green Roll									✓			✓	✓	✓	✓	✓
Nanban Roll		✓	M	M	✓		M		✓			✓	✓	✓	✓	M
Crispy Ebi		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
California			✓	✓	✓				✓			✓	✓		✓	
Pink Alaska					✓		✓					✓	M			
Mamma Mia Roll												✓	✓			✓
Spicy Tuna Roll		✓		✓	✓				✓			✓	✓		✓	✓
Chirashi Maki				✓	✓				✓			✓	✓	✓	✓	✓
Kappa Hosomaki												M	M			
Shake Hosomaki					✓							M	M			
Abokado Hosomaki												M	M			
STICKS																
Hiramasa Kama					✓							✓	✓			✓
Chiizu Maki							✓					M	M			
Iberico Secreto												M	✓			
Yagi Yaki							✓					M	M			
Imo Yaki												✓	✓			
Eringi Yaki												✓	✓		✓	
Gyu Habu												M	✓		✓	
Gyu Katzu	✓	✓	M	✓	M		M		✓	M	M	M	✓		✓	✓
Wagyu Yaki												M	M			
Shake Teriyaki					✓							M	✓			✓
Gindara No Miso					✓							M	✓			
Aka Ebi Yaki			✓				✓					✓	✓	✓	✓	✓
Shoyu Tebasaki												✓	✓		✓	
Momo Karaage		✓	M	✓	✓		✓		✓			M	✓		✓	✓
Tsukune				✓								✓	✓			✓
Tsukune Chilli				✓					✓			✓	✓		✓	✓
Gohan Rice												M	M			
Gohan Rice with Teriyaki												M	✓			
Gohan Rice with Crunchy Chilli												✓	✓		✓	✓
Gohan Rice with Chilli Dip									✓			✓	M		✓	
SET MENUS																
Beautiful Mess / Kaos & Kærlighed					✓				✓			✓	✓	✓	✓	✓
Wakaba Menu		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Perfect Day		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Perfect Day Takeaway DK (Kinoko Korokke)		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Set For Success	✓	✓	✓	✓	✓		✓		✓	M	M	✓	✓	✓	✓	✓
As Good As It Gets		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Shake Overdrive		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Green Keeper		✓							✓			✓	✓	✓	✓	✓
Robust	✓	✓	M	✓	✓		M		✓	M	M	✓	✓	✓	✓	✓

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Stick Setto			✓		✓		✓					✓	✓	✓	✓	✓
Come for a Swim		✓	✓	✓	✓		✓		✓			✓	✓		✓	✓
Full House		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Four Meal Drive		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Mixed Emotions / Blandede Føleser		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Maki Maki		✓	✓	✓	✓		M		✓		M	✓	✓	✓	✓	✓
Mini Maki Maki		✓	✓	✓	✓		M		✓		M	✓	✓	✓	✓	✓
Seven Heaven DK & DE		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Sammenhold DK		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Sticks'n'Sticks DK		✓	M	✓	✓		✓		✓			✓	✓	✓	✓	✓
Upgrade DK		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Bord Til 2 DK		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
Solo DK		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Nothing Beyond DK	M	✓	✓	✓	✓		✓	✓	✓		M	✓	✓	✓	✓	✓
Kids Party DK		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
DESSERTS																
Matcha Dessert		✓		✓			✓					M	M			
Goma Dessert		✓		✓			✓					✓	M			
Sakura Dessert		✓		✓			✓					M	✓			
Mango Dessert												M	M			
Mango Dessert Group Menu												M	M			
Goma Dessert Group Menu		✓		✓			✓					✓	M			
Mango Dessert Takeaway												M	M			
Matcha Takeaway		✓		✓			✓					M	M			
Mango Dessert Brunch												M	M			
Kids Dessert & Bday		✓		✓			✓					M	✓			
Adult Dessert Bday		✓		✓			✓					M	✓			
Chocolate Fish							✓					M	✓			
SPECIALS																
Soy Cured Salmon				✓	✓				✓			M	✓		✓	✓
Aigamo Bacon Truffle				✓			✓					M	✓			✓
Soft Shell Crab Karaage		M	✓	✓	✓		✓		✓			M	M		✓	✓
Festlig Christmas Menu		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓
Jungle Fish DK / DE		✓	✓	✓	✓		✓		✓			✓	✓		✓	
Bimi Tempura		✓							✓			✓	✓		✓	
Kinoko Korokke		✓		✓			✓		✓			M	✓		✓	
KIDS																
Ebi Kids			✓									M	M			
Shake Kids					✓							M	M			
Abokado Kids									✓			✓	✓			
Cucumber & Miso Dip												✓	✓		✓	
Crispy Tori		✓	M	✓	✓		M		✓			M	✓		✓	
Edamame Sea Salt												M	✓			
Shake Teriyaki					✓							M	✓			✓
Tsukune				✓								✓	✓			✓
Gohan Rice												M	M			
Wakaba Menu		✓	✓	✓	✓		M		✓			✓	✓	✓	✓	✓
Kappa Hosomaki												M	M			
Shake Hosomaki					✓							M	M			
Abokado Hosomaki												M	M			
Kids Dessert & Bday		✓		✓			✓					M	✓			
Chocolate Fish							✓					M	✓			
Kids Party DK		✓	✓	✓	✓		✓		✓			✓	✓	✓	✓	✓
BOTTOMLESS LUNCH																
Edamame Sea Salt												M	✓			
Spicy Edamame												✓	✓		✓	
Broccoli									✓			✓	✓		✓	
Cauliflower / Blomkål									✓			✓	✓			
Seaweed Salad / Tangsala									✓			✓	✓			
Spicy Tori Bites		✓	M	✓	✓		M		✓			✓	✓	✓	✓	✓
Kani Korokke		✓	✓	✓	✓		✓		✓			M	✓		✓	✓
Beef Tataki				✓	✓				✓			✓	✓		✓	✓
Caviar					✓							M	M			
Sashimi Mix					✓				✓			M	✓		✓	
Pink Alaska					✓		✓					✓	M			
Crispy Ebi		✓	✓	✓	M		M		✓			✓	✓	✓	✓	✓
Spicy Tuna Roll		✓		✓	✓				✓			✓	✓		✓	✓
Nanban Roll		✓	M	M	✓		M		✓			✓	✓	✓	✓	M
Red'N'Green Roll									✓			✓	✓	✓	✓	✓

Dish	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites	Garlic	Onion
Mamma Mia Roll												✓	✓			✓
Garden Roll												✓	✓	✓		✓
Kappa Hosomaki												M	M			
Maguro					✓				✓			M	M			
Shake					✓				✓			M	M			
Abokado									✓			✓	✓			
Aka Piman									✓			M	✓	✓	✓	
Inari		✓										✓	✓			
Shake Teriyaki					✓							M	✓			✓
Tsukune				✓								✓	✓			✓
Aka Ebi Yaki			✓				✓					✓	✓	✓	✓	✓
Momo Karaage		✓	M	✓	✓		✓		✓			M	✓		✓	✓
Wagyu Yaki												M	M			
Imo Yaki												✓	✓			
Eringi Yaki												✓	✓		✓	
Gindara No Miso					✓							M	✓			
Mango Dessert Brunch												M	M			
CHRISTMAS																
Soy Cured Salmon				✓	✓				✓			M	✓		✓	✓
Aigamo Bacon Truffle				✓			✓					M	✓			✓
Soft Shell Crab Karaage		M	✓	✓	✓		✓		✓			M	M		✓	✓
Festlig Christmas Menu		✓	✓	✓	✓		✓		✓		M	✓	✓	✓	✓	✓